

CHAPTER 2

PRODUCT OVERVIEW

2.1 DESCRIPTION OF THE INGREDIENTS

2.1.1 Red Bean Tempe Balls Ingredients

1. Red Bean Tempe



Figure 1. Red bean tempeh

As a main ingredients

2. Shallots



Figure 2. Shallots

As a aromatic flavor and make it more tasteful

3. Garlic



Figure 3. garlic

As a aromatic flavor and make it more tasteful

4. Red Chili



Figure 4. Red chili

To make it more tasteful

5. Green Chili



Figure 5. Green chili

To make it more tasteful

6. Salt



Figure 6. salt

To enhance flavors and balance to the dish

7. Sugar



Figure 7. sugar

To enhance flavors and balance to the dish

8. Chicken Powder



Figure 8. chicken powder

To make it more tasteful

9. Aromatic Ginger



Figure 9. aromatic ginger

To enhance flavors and make it more tasteful

10. Coriander



Figure 10. coriander

To enhance flavors and make it more tasteful

11. lime leaves



Figure 11. lime leaves

To give aroma and make it more richful of taste

12. Cooking oil



Figure 12. cooking oil

As a media to fry the red bean tempeh balls

13. All purpose flour



Figure 13. all purpose flour

to make the red bean tempeh balls more crunchy

14. Egg



Figure 14. egg

To make the red bean tempeh balls more savory

2.1.2 Red Bean Tempeh Ingredients

1. Red Bean



Figure 15. red bean

As the main ingredients and also as media to make tempeh itself

2. Water

To soak the red bean and help the fermenting

3. Tempeh Yeast



Figure 16. tempeh yeast

To fermentate the red bean tempeh

2.2 THE UTENSILS USED DURING THE PROCESSING

2.2.1 Tempeh Red Bean Balls Utensils

1. Stove



Figure 17. stove

Used to boil and fry the red bean tempeh balls

2. Bowl



Figure 18. bowl

As a media to soak and mix all the ingredients

3. Steamer



Figure 19. steamer

As a media to steam the red bean tempeh

4. mortal and pestle



Figure 20. mortal

To grind all the aromatic and seasonings

5. Blender



Figure 21. blender

To grind the red bean tempeh

6. Frying Pan



Figure 22. frying pan

to fry the red bean tempeh balls

7. Tongs



Figure 23. tongs

Used to take the red bean tempeh from the pan

8. Sieve



Figure 24. sieve

To strain the red bean to minimize the oil content

9. Spoon



Figure 25. spoon

To form the red bean tempeh to rounding shape

2.2.2 Red bean tempeh utensils

1. bowl



Figure 26. bowl

To soak the red bean

2. Plastic Bowl



Figure 27. plastic bowl

As a media to keep the fermenting

3. Saucepan



Figure 28. saucepan

To boil the red bean

4. Stove



Figure 29. stove

As media to boil the red bean

5. Plastic



Figure 30. plastic

As a media to keep the red bean

6. Toothpick

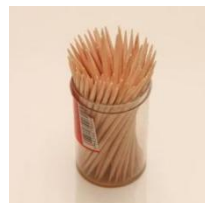


Figure 31. toothpick

To make a hole on the plastic

7. Sieve



Figure 32. sieve

To sieve the red bean after it boiled

2.3 APROVED AND REVISED RECIPE

2.3.1 Approved red bean tempeh recipe

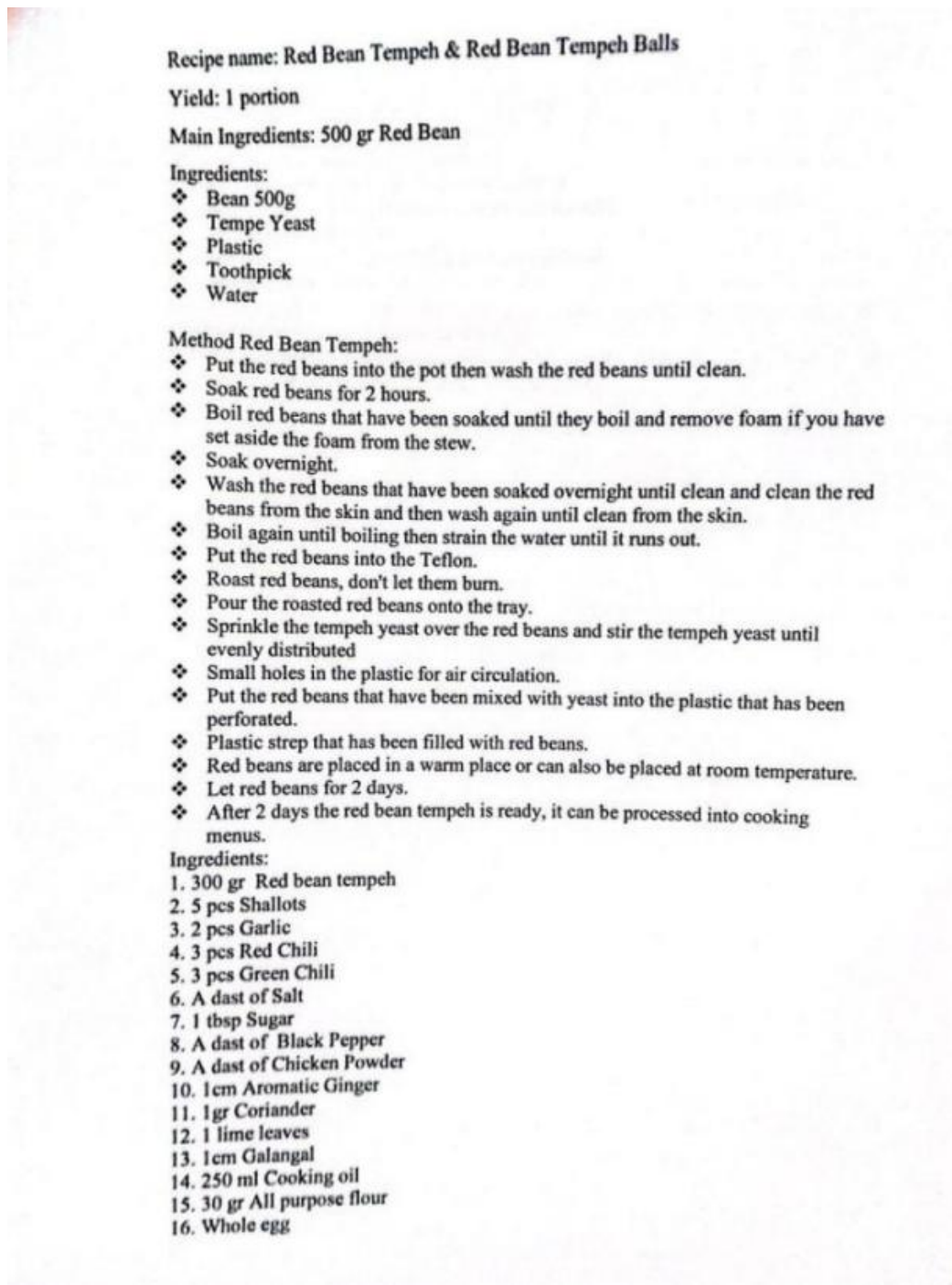


Figure 33. Approved Recipe Page 1

Method Red Bean Tempeh Balls:

- ❖ Steam the red bean tempeh for 20 minutes
- ❖ Grind all the red bean tempeh
- ❖ Grind all the aroma and seasoning
- ❖ Mix the red bean tempeh and the seasoning
- ❖ Add all purpose flour and whole egg and mixed it
- ❖ Rounding it with spoon
- ❖ Fry the red bean tempeh balls until golden brown
- ❖ Strain it with a sieve

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Date & time of submission: 31 march 2022 & 14:00

21/4 '22

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Figure 34. Approved Recipe Page 2

RECIPE BACKGROUND

The reason I made this red bean tempeh is because dried red beans are a source of complex carbohydrates, dietary fiber, B vitamins (especially folic acid and vitamin B6), phosphorus, manganese, iron, thiamin, and protein. Every 100 grams of dried red beans that have been boiled can provide 9 grams of protein or 17% of the daily protein adequacy rate. And kidney beans are almost free of fat, sodium and cholesterol. In addition, red beans are very low in calories (only 6% in 100 grams), and are cheap. Even red beans are able to meet 30% of the need for dietary fiber and contain 168 mg of omega-3 fatty acids and 107 mg of omega-6 fatty acids. In addition, benefits of red bean for the body are very good, such as preventing cholesterol and facilitating digestion, preventing the risk of diabetes, helping the maturation of red blood cells, therefore I took the initiative to make a red bean tempeh.

APPROVAL TABLE (filled by advisor)

CHECK LIST	POINTS	APPROVAL
WASTE MANAGEMENT	20	24/0' 22 Acc <i>AF</i>
PROCESSING METHOD	20	24/0' 22 Acc <i>AF</i>
UNIQUE INGREDIENTS	20	24/0' 22 Acc <i>AF</i>
PRODUCK OUTLOOK	20	24/0' 22 Acc <i>AF</i>
HEALT & NUTRITION	15	24/11' 22 Acc <i>AF</i>
NEW MODIFICATION	5	24/11' 22 Acc <i>AF</i>
TOTAL		

filede 24/11/2022.

NOTES

Figure 35. Approved Recipe Page 3

2.3.2 revised red bean tempeh balls recipe

Ingredients:

1. 200 gr Red bean tempeh
2. 35 gr Shallots
3. 35 gr Garlic
4. 9 gr Red Chili
5. 9 gr Green Chili
6. A dast of Salt
7. 10 gr Sugar
8. A dast of Chicken Powder
9. 0,5 gr Aromatic Ginger
10. 1gr Coriander
11. 1 lime leaves
12. 250 ml Cooking oil
13. 30 gr All purpose flour
14. Whole egg

Method:

1. Steam the red bean tempeh for 20 minutes
2. Grind all the red bean tempeh
3. Grind all the aroma and seasoning
4. Mix the red bean tempeh and the seasoning

5. Add all purpose flour and whole egg and mixed it
6. Rounding it with spoon
7. Fry the red bean tempeh balls until golden brown
8. Strain it with a sieve

2.3.3 Red Bean tempeh recipe

Ingredients:

1. 200 gr Red bean
2. Water
3. Tempeh yeast

Method:

1. Soak the red bean for 5 hours
2. Peel of the red bean skin
3. Boil the red bean
4. Strain the red bean
5. Drain the red bean until half dry
6. Mixed it with tempeh yeast
7. Make a hole on the plastic bag
8. Put in the red bean in the plastic bag
9. Close tight with tape
10. Keep it in the plastic bowl for 2-3 days

2.4 PRODUCT PROCESSING SEQUENCE USING FLOWCHART

2.4.1 Flow Chart Processing Red Bean Tempeh Balls

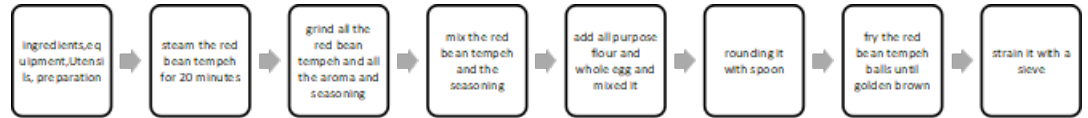


Figure 36. Red bean tempeh balls

2.4.2 Flow Chart Processing Red Bean Tempeh



Figure 37. Red bean tempeh

2.5 PRODUCT PROCESSING METHOD WITH PICTURES

2.5.1 Red Bean Tempeh Balls processing method

1. Steam the Red Bean Tempeh for 20 minutes



Figure 38. steam red bean tempeh

2. Grind all the Red Bean Tempeh



Figure 39. grind all the red bean tempeh

3. Grind all the aroma and seasoning



Figure 40. grind all the aroma

4. Mix the red bean tempeh and the seasoning



Figure 41. mix the red bean tempeh and the seasoning

5. Add all purpose flour and whole egg and mixed it



Figure 42. add all purpose flour and egg

6. Rounding it with spoon



Figure 43. rounding it with spoon

7. Fry the red bean tempeh balls until golden brown



Figure 44. fry the red bean tempah balls

8. Strain it with a sieve



Figure 45. strain it with sieve

2.5.2 Red Bean Tempeh processing method

1. Soak the red bean for 5 hours



Figure 46. soak the red bean

2. Peel of the red bean skin



Figure 47. peel of the red bean skin

3. Boil the red bean



Figure 48. boil the red bean

4. Mixed it with tempeh yeast

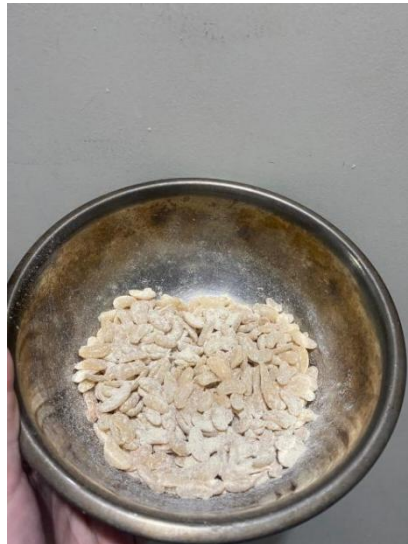


Figure 49. mixed with tempeh yeast

5. Make a hole on the plastic bag



Figure 50. make a hole

6. Put in the red bean in the plastic bag



Figure 51. put in the red bean

7. Keep it in the plastic bowl for 2-3 days



Figure 52. keep it in the plastic bowl